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Sept. 3, 2014 / Vol. 94, No. 1

COMMUNITY SAFETY IN QUESTION

PAGE 10

CLASS ON A BOAT

Cal Fremling is
WSU's floating
classroom
PAGE 2

TASTE OF WINONA

Reviewed: Lucy Burger
from The Boat House
PAGE 9

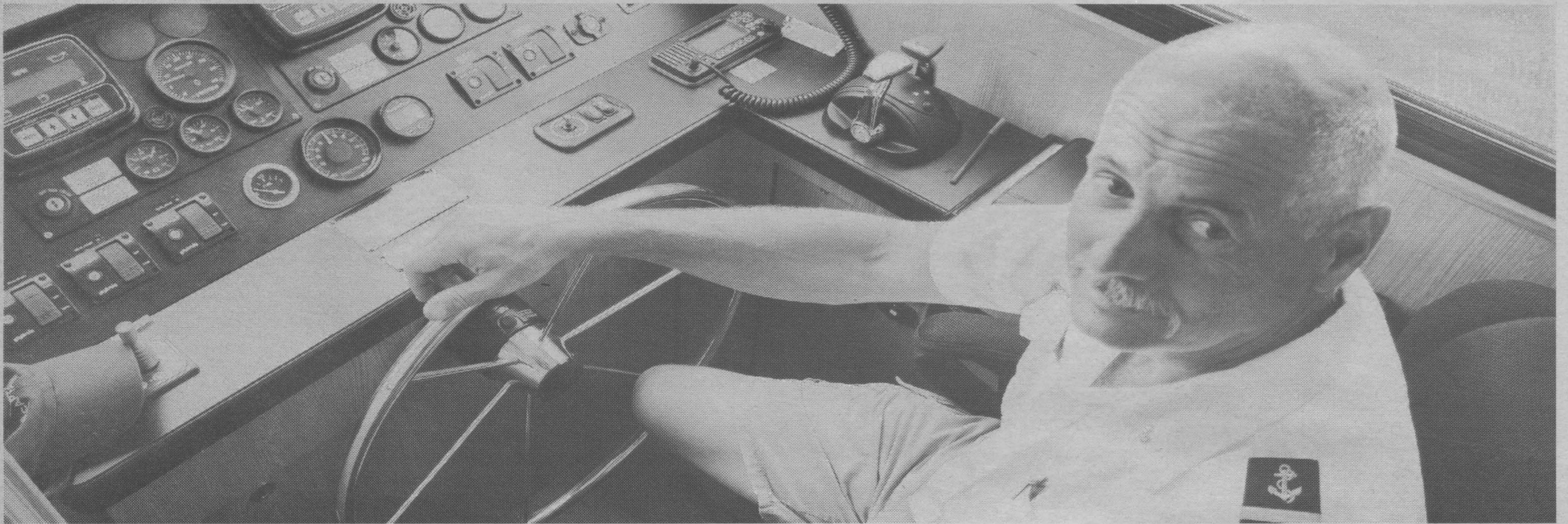
NEW COACH

New head
coach is
appointed
to volleyball
team
PAGE 17

JESUS CAZARES

NEWS

Winona State University's newest purchase floats



The Cal Fremling is docked in Winona, and Captain Rudy Beshensky drives the boat.

JESUS CAZARES

Students do not need to change their major to science for a ride on the Cal Fremling. Just about anyone can take a cruise on the new boat.

The Cal Fremling Interpretative Center and Classroom, purchased this year by Winona State University, was originally thought exclusive to science classes, but James Reynolds, former professor and 2004 retiree, assures the boat is available for Winona State University, Winona and Southeast Minnesota.

"The boat is certainly an unusual and distinct resource for Winona State and the community to use," Reynolds said. "Anyone can reserve the boat for social or business gatherings while learning about the river and its history at the same time."

The boat was named for professor emeritus Calvin "Cal" Fremling, who Reynolds said was a "wonderful faculty member," and he "loved being on the river and doing biology in his classes, not just reading about it."

Fremling spent 32 years teaching in the biology department and passed away in 2010. He authored the book, "Immortal River: The Mississippi River in Ancient and Modern Times." His book explains the history, geography and anthropology of the Mississippi River.

"If you asked him anything about the river, he could tell you, and he would do a running commentary about the river," Reynolds said.

The two-level boat is docked at Levee Park. Inside the cabin is enough space for 49 students, one captain and two student crewmembers. The second level deck gives a 360-degree view of the river.

The boat is registered by the U.S. Coast Guard to cruise from Wabasha, Minn. to La Crosse, Wis. Captains Rudy Beshensky, Aaron Repinsky and Jon Borreson pilot the boat along with two student crewmembers.

The Cal Fremling's maiden voyage was June 6, when it sailed from La Crosse, Wis. to Levee Park in Winona and was met with a crowd of nearly 700 people.

One crewmember, Cal Johnson, said he enjoys working on the boat. Johnson is a senior in the movement science program at Winona State University.

Skipper Liner, Inc. in La Crosse, Wis. custom built the boat for approximately \$1.4 million, which was paid for with funds from the WSU Foundation, community members and other donors.

The Cal Fremling has all the amenities of a campus classroom including WiFi, electricity, restrooms and a TV screen to connect with students on campus. The boat uses high-efficiency diesel fuel and burns less than five hours of gas with three engines running, Beshensky said.

Winona State previously owned the River Explorer, which was similar to the Cal Fremling, but it was much smaller and less equipped. The River Explorer was sold in 2009.

"The River Explorer catered to 15 different academic departments including biology, geoscience, mass communications, theater, English and science education," Reynolds said. "Every event was centered on educating people about the river with the research that Cal did. The boat was never intended to be a party boat."

Reynolds said the hope for the Cal Fremling is to educate all majors about the river and incorporate it into their departments.

The Cal Fremling is unique to Winona State because it is the only university in Minnesota to have a boat for classes and gatherings, Reynolds said.

The University of Minnesota in Duluth has a research vessel on Lake Superior, but it is only used for research, not for cruises.

The summer season for the Cal Fremling started late because of high waters that lasted until July. Beshensky said the schedule was sporadic for July and August, but it has begun to get busier now because classes have started. The boat can be reserved from 7 a.m. to dusk, he said.

JORDAN GERARD
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Goodbye, EZlink. Hello, Warrior Jobs.

EZLink was Winona State University's job database system for more than a decade, but now Warrior Jobs has taken over.

The switch from EZLink to Warrior Jobs was made for several reasons.

Career services associate director DeAnna Goddar, said, "We had the title EZLink, but it wasn't easy for students to work with. We now have a more user-friendly system."

Moving away from EZLink allowed career services to connect to a greater system which allows for a wider variety of jobs to funnel through to Warrior Jobs.

Career Services is working with other Minnesota state universities to encourage employers to post job opportunities through Warrior Jobs.

Postings may be found for full-time positions for bachelor's degrees, internships, work-study and student help jobs and part-time opportunities. Additionally, students may search for positions studying abroad and for information on relocating.

By launching Warrior Jobs, Career Services intends to make students' lives easier. Students may now search for

company profiles, schedule interviews, register for career fairs and access a greater amount of jobs coming into the system.

All students must upload their resume and fill out their profile before they can begin applying for jobs. Once students complete their profile, they have the option to turn on and off their profile visibility to employers as they see fit.

Career services worked all summer to make the transition from EZLink to Warrior Jobs. Debuting on Aug. 11, Warrior Jobs had about 300 students upload their resumes and began to apply for positions within the first day of its launch.

However, a minor glitch in the system that occurred two days after the launch slightly discouraged Career services staff. Goddard said it had nothing to do with Winona State specifically.

The company Warrior Jobs is generated through had a computer coding glitch. When students would try to retrieve a temporary password through their email accounts, the trigger email would not send because of the

way the coding was set up.

Warrior Jobs has been running smoothly since the incident was fixed.

A series of workshops are scheduled where students may stop in with their laptop or tablet to learn how to navigate the new Warrior Jobs system. There will be a workshop once a week through the beginning of October. Dates and times may be found on the Career services website.

JESSICA BENDZICK
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INCIDENTS

AUGUST 7

■ 8:50 p.m.

A student reported the theft of his bike from a bike rack outside of the library.

AUGUST 18

■ 8:50 p.m.

Several students were cited for a drug violation in Sheehan Hall. The matter was referred to the hall director.

AUGUST 19

■ 6:15 p.m.

A student fainted in the basement of Sheehan Hall and struck her head. The student was taken to the hospital by a private

AUGUST 21

■ 10:45 p.m.

Security responded to the Huff street bus stop regarding an intoxicated individual. EMS and police were called, and the student was transported to the hospital.

■ 11:15 p.m.

Security responded to Lourdes Hall regarding several subjects having an argument. The individuals were warned of the noise.

AUGUST 22

■ 12:20 a.m.

Security observed several individuals attempting to gain entry into Morey Hall by crawling through a window. They were residents.

■ 10:20 p.m.

A parent phoned police, who notified security, that the parent wanted a welfare check conducted on her son, as she had not heard from him. The student was found to be okay.

AUGUST 23

■ 12:25 a.m.

Security discovered several students smoking marijuana in Lourdes Hall. The matter was referred to the hall director.

■ 12:45 a.m.

Security responded to Watkins Hall because an intoxicated student was found passed out. EMS and law enforcement arrived, and the student was released to a friend.

■ 11:35 p.m.

A student contacted an RA in Maria to check on a friend who was intoxicated, and then they notified EMS. EMS and Security responded, and the student was allowed to remain within the residence halls.

■ 11:43 p.m.

Residence Life notified EMS regarding an intoxicated student in Maria Hall, and EMS and Security responded. Student was allowed to remain within the halls with a friend.

■ 11:50 p.m.

Security was requested to conduct a welfare check on a student within the residence halls due to intoxication. The student was found to be okay and was allowed to remain with a friend.

■ Security was notified by IT that a student was attempting to obtain an Ipad, indicating that he never received one. The matter was referred to the director of security, and the student indicated he remembered receiving one.

■ Security was notified by International Services of a physical assault that took place in the halls several weeks ago. The matter was referred to the director of security.

AUGUST 24

■ 1:53 p.m.

Security responded to East Lake where a driver backed into a university vehicle. The matter referred to Facilities and Safety.

WSU nominated for Food Recovery Challenge

The Hunger-Free Minnesota campaign has a mission, and they are asking Winona State University students to help them achieve it.

This campaign is striving to close the 100-million missing meal gap in Minnesota by overseeing a statewide Food Recovery Challenge among chosen universities. Hunger-Free Minnesota is asking Winona State University students to form a food recovery organization on campus to collect unserved, excess food from the dining halls to donate to local charitable meal programs.

Each year, Minnesotans throw away 520,000 tons of food into landfills, according to the Minnesota Food Recovery Challenge website.

Hunger-Free Minnesota Consultant Vanan Murugesan said the campaign's main focus is to develop a system where food can be safely recovered and rescued to donate to those in need.

Winona State was chosen because it is located in a "high-needs" area, with several surrounding local meal programs.

This is the first year for the challenge, so Winona State would be among one of the first universities in the state rising up to the task. Augsburg College, Carleton College and the College of Saint Benedict have already launched their own programs.

Hunger-Free Minnesota will provide students the grant money and tools needed to successfully begin this challenge, and a campaign representative will coach students through the process step by step and be available for needed assistance throughout the school year.

The only work involved would be the dropping off and picking up of food bins from the campus dining halls. Once a week, Hunger-Free Minnesota asks that our students bring

the bins full of food to various meal programs in the community. The campaign will have a list of needy programs, or students can choose where they want the food to go.

Murugesan stressed how the food waste ends up in landfills and creates methane, which has 21 times the global warming potential of carbon dioxide.

"This event is not necessarily just focusing on the hunger issue, it is also talking about sustainability from an environmental standpoint," Murugesan said.

The Food Recovery Challenge is focused on saving unserved food, but as for the served food still left on students' plates, Winona State dining halls will have this covered.

"The food waste goes to Winona farms, and they have a process where they cook the food, and it's fed to their hogs," Chartwells associate director Donna Spaeth said.

Chartwells began minimizing its food waste when they made the switch from trays to plates about five years ago.

"Once we cut the trays, we cut the food waste," Spaeth said.

Visit www.mn-cfrc.org to sign up and start the Winona State University food recovery challenge.

JESSICA BENDZICK

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Randy Hanson, sous chef and second year employee at Winona, preparing a dish for the cafeteria.

JACOB STRIKER

Common book poses questions for healthy eating across America

When it came to choosing what the common book should be for the 2014-2015 school year at Winona State University, the committee of faculty and staff wanted to make sure it could relate to the university theme of "Sustainable Futures."

This year the committee ended up choosing Tracie McMillan's, "The American Way of Eating: Undercover at Walmart, Applebee's, Farm Fields, and the Dinner Table."

In the book, author Tracie McMillan spends a year undercover working various jobs in the food industry and documents her experiences.

She specifically focuses on her ability to support herself as well as trying to eat well. Many Americans face the difficult predicament of wanting to eat well, but do not necessarily have the time or money.

McMillan's book exposes various problems such as labor, class and affordability and how they are often omitted from discussion about future food and sustainable goals in the U.S.

Assistant professor of English, Ann-Marie Dunbar, said McMillan's book is a useful model of research for students.

"The book offers an interesting look at solid models of research that also connect with the student experience, as well as discussions of food issues on campus," Dunbar said.

When it comes to choosing the common book at Winona State, Dunbar said a committee of faculty and staff are given a long list of books, and they must then narrow the list down based on teach-ability and affordability.

Dunbar said the remaining books are researched and read. The committee gets together to voice various opinions and reach a consensus.

Derek Wagner, a communications major, is reading the book for his Writing in Communities class.

"I'm enjoying the book so far. The author's writing style is quite interesting, and it makes the book enjoyable to read," Wagner said.

Wagner said his class is using the book to focus on "making the invisible issues visible."

"I really like how the author went and actually did undercover work in the field first hand as opposed to interviewing people and getting their story. It takes on a different kind of credibility," Wagner said.

Dunbar said McMillan's book focuses on the problems while also suggesting solutions.

"Many people wish to eat better, but finding the time, money and effort can be difficult for the working class in this day and age," Dunbar said.

Wagner said reading this book makes him want to go out and find fresh foods from places like the farmers market.

"It might take a little more effort, but I'm also not the only one benefitting from doing that. It's just about whether or not you can follow through with it," said Wagner.

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This week in Winona ...

W **Fagbug Screening**
Time: 7 p.m.
Place: Science Laboratory
Center Auditorium
Q&A to follow **3**

T **Yoga in the Park**
Time: 2 - 3 p.m.
Place: Tillman Park
Bring your own Yoga mat **4**

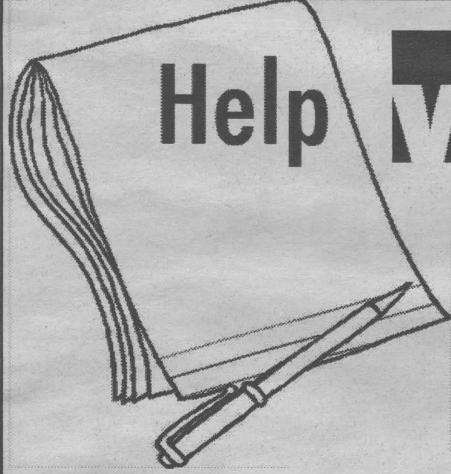
F **Wildflower Benefit Concert for Project Compass**
Time: 7 - 8:30 p.m.
Place: Winona American Legion **5**

S **Winona Famers Market**
Time: 7:30 a.m. - 1 p.m.
Place: Second and Main Street. **6**

S **Mike Munson**
Time: 8 - 11 p.m.
Place: Ed's (no name) Bar **7**

M **Faculty Art Exhibition**
Time: 8 a.m. - 4 p.m.
Place: Watkins Hall **8**

T **National Sorority Fall Recruitment**
Place: Kryzsko Commons **9**



Help write for the WINONAN

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Creating culture change at WSU: the Bystander Intervention grant

As summer transitions into fall and students begin returning to Winona throughout August, orientation week brings with it our new incoming class and almost every student back to campus. The last few days of summer for students typically involve greeting old friends, meeting new ones and carelessly strolling along the streets of Winona enjoying the last few carefree days.

This year, attentions were called to a more serious issue than heading to the beach with friends and attending parties. A campus wide email described three attacks on Winona State University students all of which occurred within one night.

Although the intentions of the attacks are unclear, many people have speculated sexual violence could have been one of the motivators.

Back in 2013, a team of Winona State University faculty, staff, administrators and community members took actions to increase campus safety and attempt to stop to this type of violence.

The team applied for the Bystander Protection Grant from the Department of Justice in March of 2013. Winona State was rewarded the grant in September and put it into use January 2014.

The grant enables Winona State University to fund programs to help students fight against and recover from sexual violence.

Winona State hired Heather Gerdes to coordinate education and advocacy components for the university and the community. The grant funded the creation of Bystander

Intervention, P.A.C.T. (Prevent, Act, Challenge and Teach) training and the Gender-Based Violence Helpline.

Studies found that Bystander Intervention prevents gender-based violence while increasing the number of reports of violence on college campuses.

Bystander Intervention aims to end the often-internalized victim blaming which occurs with sexual violence.

Many instances of sexual violence, especially on college campuses, involve alcohol and claim that a rape could naturally occur due to the number of drinks a person has or type of clothing he or she is wearing. This accusation is believed to wrongly hold the victim accountable, taking the blame off of the perpetrator.

Tamara Berg, the director of the Winona State women's and gender studies department and principle investigator of the grant, comments on the irony of their goal being to increase reports of sexual violence; however, she explains when victims are within a culture that supports them, they are more willing to come forward.

Another goal for the grant this year is to train 500 Winona State students to become PACTivists. There will be trained peer educators to train in other students on the P.A.C.T. program in the hopes of changing rape culture on campus and in the community.

The campaign aims to have teachers hold the sessions during class time and to have other various clubs, athletic teams, fraternities and sororities hold the sessions for their members.

Acknowledging how lucky she feels, Kalika Valentine-

Erickson, a junior at Winona State, said, "If something were to happen, I would know that I have somewhere to go and that I would be supported."

Valentine-Erickson finds the discussion of sexual violence and rape culture and the training of students to be important steps to overall cultural change on campus.

More students can get involved through the "Don't Cancel That Class Campaign," an hourlong, peer-led, educational session on the resources available on campus to victims of sexual violence and how to support the victims, so they feel free to report the incident.

People can find information about hosting these sessions from the Gender-Based Violence Helpline, another project funded by the grant. The helpline allows callers to call for information or support while remaining anonymous, if they choose. The helpline is staffed with trained peers who can help with anything from emotional support to how to file a restraining order.

Bystander Intervention, "engages all of those men and women who would never be perpetrators of gender-based violence and encourages them to stand up and say 'I am going to try to understand rape culture and change it,'" Berg said.

VICTORIA MCKENZIE

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ADVERTISE
IN THE WINONAN

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School and the barstools repopulate



Gabby's Bar located downtown Winona is a popular scene for college students.

JESUS CAZARES

With the sudden departure of summer and the school year return, college campuses are not the only locations noticing a change in popularity.

The Winona bar scene has been gearing up in recent weeks to accommodate for the large groups of students ready to head out for a night on the town. Used to the relaxed atmosphere from the summer months, bartenders and bar owners must get back into the swing of things for the change which comes with the start of school.

The summer bar scene has fewer students, whereas during the fall, the bars push their maximum occupancy.

Sophia Rena, a bartender at Gabby's, is known for her lime green Scooby Snack shot. For her, she cannot wait for the school year to begin at the bars.

During the summer, "there are less people, and more time. It is casual, easier and less rowdy. It's a great time to train as a bartender," Rena said.

Some nights, there will be customers waiting to tell Rena their life story over a drink, and other nights all they want are shots. The townies come regularly and Rena can name them off one by one.

"You make more friends in the summer too, since all

the students that go out in the summer are the only ones in Winona. It's a tight knit crowd," Rena said.

As a student at Winona State, Rena gets to see her friends again, and this makes the bar scene exciting. The atmosphere is crowded but also fun and social since more students are in town. The bar scene during the school year is loud and fast paced, especially crazy on Thursday nights for the dollar rails at Gabby's.

"The deals stay the same throughout the year, just more people during the school year," Rena said. "There will be occasional fights that will pop up because of more drunk people."

Either way, Rena is excited for the bar scene this year.

Similar to Rena's analysis of the different seasons in the bars, part owner of the Legendary Tavern, located on 3rd Street, Dan Corrigan inserts his practical opinion about the differences between the summer and school bar scenes.

"Basically, it is a give and take," he said, sitting down at the gleaming chestnut bar. "Since the students are gone, the townies come to the bars, and it's very relaxed. But when the students come back, the regulars are gone and

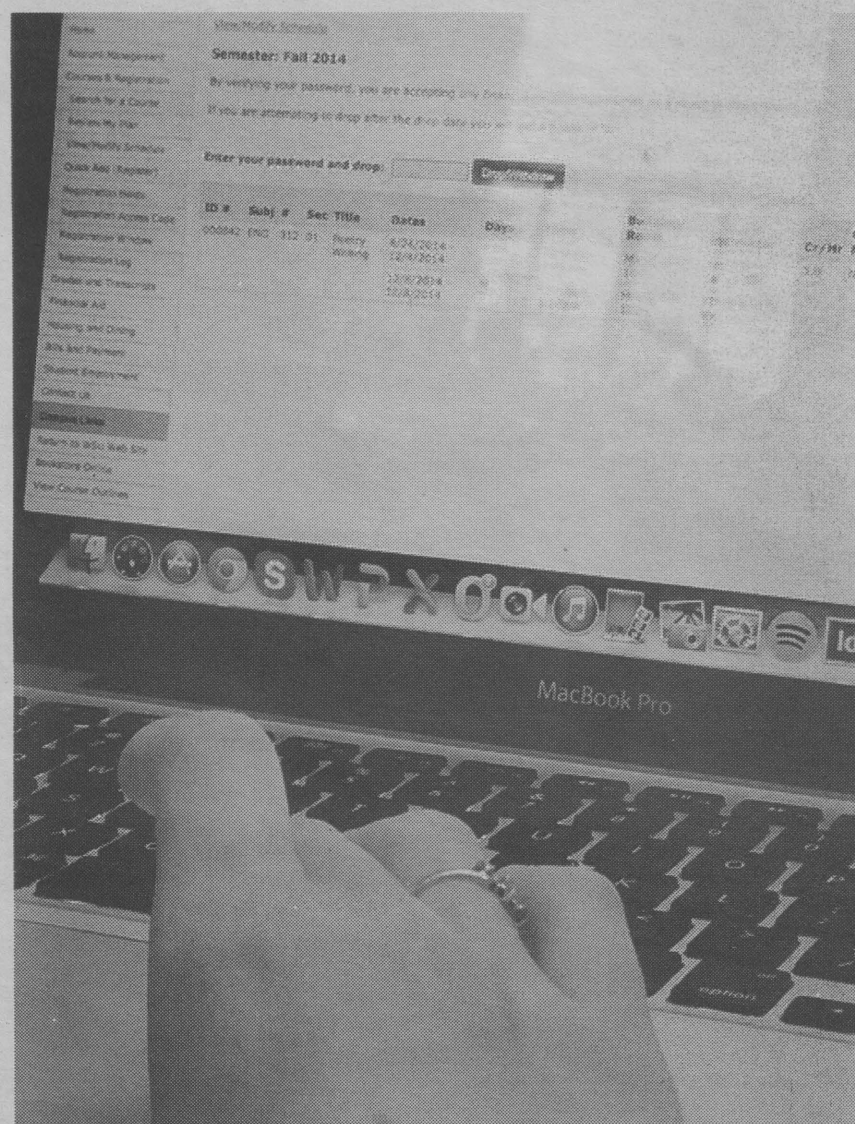
there is a lot more work."

"There are more cover bands to draw the older crowd in but during the school year, the Tavern tries to host several DJs just for the kids," Corrigan said, regarding summer events at the bar. The events stay the same throughout the year, but by far the most popular event is Tuesday Wristband nights where it is all you can drink for \$7. The bar is packed "wall to wall" he describes with a smile.

He agrees during the summer it is less stressful and laidback. "The summer is when you can take time off, but during the school year you work overtime, but you get paid more, obviously," Corrigan said.

BY SAMANTHA BECK
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First week of school, students rethink classes



Students planning to drop classes weigh the pros and cons early on. JULIA SAND

In the first week of classes, incoming students navigated the campus and attended class to get their first taste of life at Winona State University. This included acclimating their taste buds to Chartwells, building up back muscles to carry heavy textbooks and finalizing their schedules.

For students who wished to drop their classes for a full refund, the deadline passed on Friday, Aug. 29. Before this date, students could drop and add classes without penalty. Many students drop and add classes during this first week of school.

Paul Stern, manager of enrollment services, was one of the staff members who worked with students if they had questions about the drop or add process.

"For the most part," Stern said, "it's a very straightforward process."

According to Stern, the Warrior Hub had only a few students come in with questions about the process.

"The information is covered in orientation," Stern said, "with the idea being to frontload the information to empower the students."

After this first week, students still have the option to drop a class. The class would show up as a 'W' to indicate the withdrawal on a student's transcript, the student would still have to pay for the full cost of the class, regardless if the student withdraws in the beginning of the semester or the end.

For some students, their decision to withdraw could benefit them. Communication studies professor Lisa Glueck encouraged students to try to work with professors before withdrawing from a course.

"There isn't one way of doing college and doing it successfully," Glueck said. "Everyone learns differently."

Ultimately, Glueck encouraged students to speak with their professors if they start to struggle in classes.

"Students should meet with their professors with an earnest heart to talk about the material and strategies for improvement," Glueck said. "Since students have until the twelfth week of classes to withdraw from a course, it could be advantageous for students to stick it out and give it their best."

For many students, the temptation to drop a class can come at a price: a possible delay in graduation. Senior organizational communications major Bethany Stavran wished she had hung in there for one of her classes.

"I just didn't put in the work," Stavran said. "I had dug myself into a hole. If I continued with that class, it was going to take too much away from the other ones."

Because Stavran had withdrawn from the class and two others in different semesters, she had to delay graduation. Looking back, however, Stavran said she still would have withdrawn from the classes.

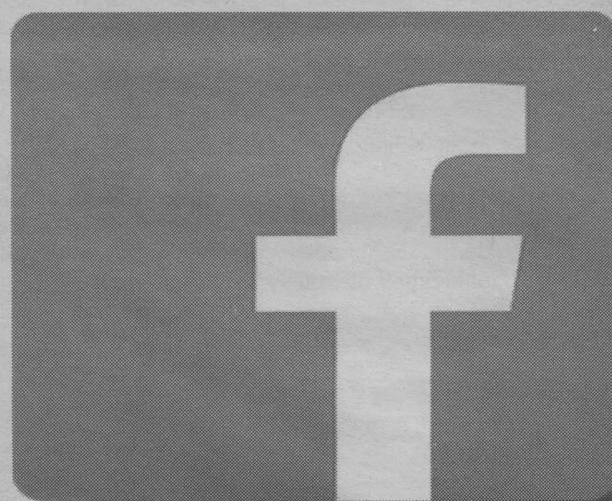
"I think that if you have to withdraw, don't regret it," Stavran said. "You felt the need to drop it at the time, so it was probably the right decision."

Stavran also advised students to talk to professors if they are struggling with classes and considering withdrawing.

"You just have to think of how much it'll take to get your head above water," she said.

The last day for students to withdraw from fall classes is Nov. 20.

BY ABIGAIL DERKSON
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Food in review: The Boat House

Not all burgers are created equal. Over at the Boat House restaurant and bar, located on Johnson Street by the Levee, a burger unlike any other is served.

The infamous “Boat House Lucy” is a grilled half-pound, all beef patty stuffed with cheese curds. Garnished with lettuce, tomatoes, grilled onions, truffle oil, garlic mayo and a side of freshly cut fries, the Lucy is a burger you won’t soon forget.

Let’s just say: this is not a burger you want to order on a first date.

I recently had the opportunity of trying the Lucy for the first time. I had never been to the Boat House before, and I had heard mixed reviews about the food. While the Boat House is pretty well known by locals, not many Winona State University students seem to eat there. I decided to get the scoop myself.

A friend and I entered the Boat House on a rainy, stormy Thursday evening. We had hoped to sit on the patio overlooking

the river but because of the rain, opted for one of the spacious and dry, wooden tables inside the restaurant.

The staff was extremely friendly and attentive, ushering us to our table, and swiftly bringing our drinks. We decided on an appetizer of mushroom and artichoke gratin; a garlic parmesan herb cream sauce served with grilled bread.

The cream sauce was delicious, but we were only served five pieces of bread – not enough for the generous bowl of creamy gratin. Our waiter brought out more bread upon request.

Meanwhile, the staff had a lot of good things to say about the establishment.

One kitchen staff member, Josie Gheen, said the establishment buys locally and organically as much as possible.

“Our mission is to provide the community with homemade food they can eat on a patio overlooking the river and beautiful Levee Park,” she said.

The Boat House is not only known for their Lucy burger, but also for their fish entrées: fish and chips, trout dinners and walleye and catfish specials, Gheen said.

After a short wait, our food was brought out. The highly anticipated Lucy burger was so large I had to cut it in half. The melted cheese curds stuffed in the middle of the patty were delicious and something I had never had before.

However, the burger was a little overdone, and I would have liked even more cheese in or on the burger.

My friend opted for the beef stew special. The beef was very tender and was mixed in with garlic-mashed potatoes, chunky carrots and corn, set in a broth-like sauce. While we were expecting something a little thicker and more gravy-like, the flavors of the dish were excellent.

Overall, the atmosphere and the service were excellent at the Boat House. The food was good— but not amazing — and was

a little overpriced. I can see why many students shy away from the establishment because of the high expense. I still think it is priced adequately for the quality, organic food being served.

The Boat House—and the infamous Lucy burger—is something people will have to experience for themselves.

BY LEAH PERRI
features writer
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The Lucy Burger served at The Boat House is stuffed with cheese curds.

LEAH PERRI

AND THE RESULTS ARE...

FOOD



SERVICE



ATMOSPHERE



AFFORDABILITY



Student acts on community safety concern

Director of Winona State University campus security Don Walski said students report they feel safe on campus 96-98 percent of the time, and these numbers have stayed consistent over many years.

Although there are numbers to prove that students generally feel safe on campus, some students feel campus is not what people have to be concerned about. Junior Elliot Peck is more concerned for his peers when they are off campus.

Before fall semester classes even started, students received an alarming email describing three accounts of assaults near campus. As scary as this may have been for students, Walski said students should not be too worried about their safety on campus. But, in the eyes of students like Peck, campus is not the area of concern.

After hearing about the assaults that took place Aug. 22, Peck was inspired to do something for his fellow students.

Peck acted immediately on his concern and posted the assault information that was sent via email to students on Facebook. Peck posted his personal cell phone number, encouraging students to call him if they felt unsafe.

Shortly after, Peck created the Facebook page S.A.S. (Safe and Sound). It is a space where students can arrange sober rides home after bar time and parties.

"It's more comfortable to ask another student for a ride who cares about having fun but not getting hurt," Peck said.

The page features various posts from Winona State students offering "sober cabs" each night. Peck originally invited his friends to the Facebook page but is welcoming anyone from the Winona State community who wants to be safe.

Peck encourages students to join the Facebook page so they can stay up to date on who is available to drive sober to ensure safety in the community. He plans on building this organization in the future and adding activities and informative programs for students.

As far as campus safety goes, students' safety is security's number one priority, and they are informed right away about any suspicious activity on or around campus, Walski said. Walski and the rest of the security team at Winona State work around the clock to protect students.

Security keeps students safe by doing small tasks such as ensuring there is enough lighting on campus and bigger tasks such as patrolling campus at night and on the weekends. Security also offers escort services. For instance, students who live within four blocks of campus can request a person from security to take them home or to a safe destination within any four block radius from campus.

Although security strives to keep everyone safe, Walski said it is even more important for students take measures into their own hands to keep themselves and peers safe.

"If you walk to a party with a group of people, leave with those same people," Walski said. "Don't leave anyone in your group behind."



EMILY DEAN
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Sept. 3, 2014

Elliot Peck started the Facebook page S.A.S (Safe and Sound) to help his fellow students stay safe. BARTHOLOME RONDET

Cover Story • 11

Review: Marvel's 'Guardians of the Galaxy' is a summertime success

"I could watch this movie over and over again and not get bored of it," sophomore Janet Odeku said when asked about "Guardians of the Galaxy."

At the beginning of August, the premiere of "Guardians of the Galaxy" started the cinematic exploration into the cosmic branch of Marvel Comics.

Similar to the 2011 film "The Avengers," "Guardians of the Galaxy" brings a group of unlikely heroes and friends together to fight a common enemy.

In "Guardians of the Galaxy," Peter Quill, or as he prefers to be called, Star-Lord, leads former assassin Gamora, Drax the Destroyer, Rocket Raccoon and his buddy Groot on a quest to stop Ronan the Accuser from destroying a planet.

Along the lines of other Marvel films, the movie is also a massive success, having already made \$500 million worldwide.

The start of the film treats audiences to an impromptu space karaoke session by one of the movie's breakout stars, Chris Pratt. Right away Marvel Entertainment showed moviegoers they were going to have a good time. With most audience members, they did not disappoint.

"I thought it was a very funny movie with an awesome soundtrack and classic Marvel superhero action," sophomore Noreen Jay said, who saw the movie with a group of friends.

One of the main highlights of the film was the stunning visual effects. Color and light burst across the silver screen creating a visually pleasing experience for the viewer. Since the movie takes place in space, each planet and star was more spectacular than the next. The computer generated imagery (CGI) also played a central part in creating the characters of Rocket Raccoon and Groot.

Another highlight of the film was Chris Pratt's performance as Star-Lord. Pratt portrays his character with the perfect amount of ego. Although his character is selfish and sarcastic, Pratt is able to use his charm to win over the audience.

The biggest and brightest stars of the film happened to be the feisty Rocket Raccoon and the kind hearted Groot. The characters were brought to life by CGI and the voice talents of Bradley Cooper and Vin Diesel. Rocket is a genetically modified Raccoon with knowledge of weapons and technology. Groot is a tree-like creature who doubles as Rocket's muscle and best friend. As strange as these characters sound, their relationship to each other is even more ridiculous and the rest of the Guardians are the heart and soul of the film.

Though the movie is great piece of work, there is no such thing as a perfect movie. One of the downfalls of this still very enjoyable film was the somewhat boring

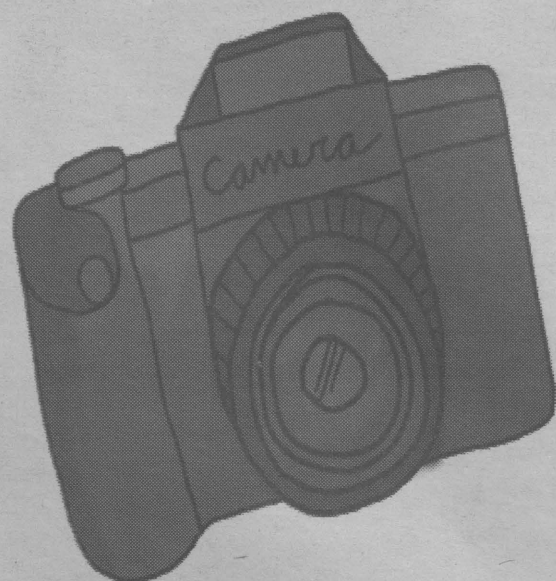
villain Ronan.

Ronan's goal of domination and destruction was all too similar to the goal of Loki in "Thor" and "The Avengers." Even though Lee Pace's portrayal of the bloodthirsty warlord was wonderfully menacing, behind the blue face paint the character was not scary enough and a bit predictable. Fortunately for Marvel, the weak antagonist did not do any critical damage to what is an entertaining movie.

At the end of the day, "Guardians of the Galaxy" is full of the explosions and fight scenes we know and love, but it doesn't take itself seriously.

While creating the atmosphere of a stereotypical superhero movie, "Guardians of the Galaxy" goes the extra mile by mixing in a little heart.

BY ELIZABETH PULANCO
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Student focus: Ashley Murphy

As the transition from summer to school was underway this past week, stories of adventurous or boring summer activities can be heard ringing throughout campus. While many people worked their summer away, challenged themselves with summer classes, traveled or just hung out with friends and family, most people do their absolute best to make the most of the precious three months between school years.

For one student at Winona State, her summer was devoted to serving others in need on a different continent.

Ashley Murphy, a major in special education and minor in child advocacy, has spent 16 weeks over the past two consecutive summers in Uganda, Africa.

Murphy has worked with an organization called Kyampisi Childcare Ministries (KCM) whose mission is to help children get out of oppressive situations such as child sacrifice, accusations of witchcraft and branding, poverty and disease.

Murphy's ten weeks in Uganda were spent working as part of a team in an office to handle cases of child sacrifice. Unfortunately, only one victim survived out of the four cases she participated.

Her time was also divided between office life and visiting the village. Murphy's routine often varied daily but had a fair balance of consistency.

"I would wake up, go to the office, start with a devotion and decide what we were doing that day: going to the village, work with a child sacrifice case, or office work," Murphy said. "Every once in awhile I took a free day."

When asked about her favorite part of this journey, Murphy explains the highlight was the love that was shared through the group.

"Everyone is so focused and just loves you. They love on each other and they are so people-oriented and will give everything they have, even when they have nothing," Murphy said.

"At the school I work at, there are about 280 kids. Every day I would go to school and kids would just start running to my car. It's the most precious thing ever. You think you're there to make a difference in their lives, but really, they're making more of a difference in yours," Murphy said.

After graduating, Murphy hopes to live in Uganda for at least a year.

"I'm going back because I fell in love with the country and its people," Murphy said. "I really noticed that special education isn't part of their culture. Individuals with special needs are pushed to the sides and often forgotten about. Having a sister with disabilities, this really hit home for me." She said she would love to be part of a movement to help open a school for individuals with disabilities in Uganda.

Murphy is already on her way to progress. An important part of Murphy's work came through the construction of a school that she helped fundraise prior to leaving the U.S. Once the money was raised and with the help of Ugandan locals and an Australian architect, the foundation was built.

Murphy will continue fundraising on behalf of the new school's progress.

BY SAMANTHA HEDIN
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Ashley Murphy, a junior at Winona State, with her sponsorship family in Uganda, Africa

Letter: T'ai Chi returns to WSU

Dear Editor,
T'ai Chi has been born again at WSU. It was here from 1980-1998. The "Winona State University Warrior T'ai Chi Club" is back, meeting every day of the school year from 12:00-12:50 in the lobby or east lawn on PAC. There will also be a Saturday 9:00-11:00 class. All students, faculty and staff may become club members.

Members play 2 hours per week. What is the reward for T'ai Chi members? Better health, stronger body, greater lung capacity, better focus, stopping out "monkey" mind with moving meditation (Chinese claim 100 times better than sitting). We, the faculty advisers, of the club, invite all who are ready for the Chi to become members. Anyone who can walk, can play T'ai Chi. Wheelchairs welcome.

Yours truly,
Faculty Advisers,
Bahieh H. Wilkinson, adjunct professor
Dr. Brice Wilkinson, professor emeritus

CONTRIBUTED BY BAHEIH H. WILKINSON
AND DR. BRICE WILKINSON

See your opinions here!

Send letters to Julia Sand at
JSand10@winona.edu

Check us out online at
thewinonan.winonastateu.com

Letter: one last go around

Three years ago I started my first semester at Winona State University. I was absolutely terrified and already thinking of ways to get back home. I was asking things like what kind of two-year programs do you offer? Maybe I could transfer? How much are train tickets again? In other words, I was a complete and total mess.

Now, the adventure of my fourth and final year has begun and, today, my new title of "editor-in-chief" officially begins. I am asking things like: WHAT? Excuse me, but did sophomore year even happen? I am absolutely terrified and already thinking of all the ways I will so deeply miss everything this Winona life has offered. In other words, you could probably say the total mess portion of my life still rings true. Because, let's be honest, do we ever really have it all figured out? Once we get comfortable, life changes on us again—a realization I try so hard to love, and yet, at times, absolutely hate.

So instead of making a list (9 months from now in May when I am about to graduate) of all the things I will miss from this part of life, I am making a list of all the things I look forward to making the most of. And freshman: take notes, because these are, in my opinion, some of the best parts of college.

- Living in such close quarters with numerous natural attractions: bluffs anyway you turn, a lake to the west, river

to the east, scenic outlooks, etc. I never want to live in a boring geographical location again. Related: being able to canoe, kayak, paddle board, skate, etc., all year for \$5!

- Never being just a few blocks away from some of the best friends I have made over the 21-year course of my life. How great is the ability to be in walking distance of so many great people?

- Coming home to roommates.

- Downtown Winona. Buy a coffee (from Blooming Grounds!), walk third street with your phone down and head up to admire the rooftops of those buildings. Trust me, it's more interesting than anything on Facebook or Twitter.

- The Farmers Market.

- Knowing I still have (insert number) weeks/months/days until I have to *actually* get my life together. (& yet, I'm terribly eager to *actually* start my life and career.)

- Late Monday nights in the Winonan office editing, re-editing, laughing, crying, and becoming one with the AP Stylebook.

- The Winona State community, plain and simple, because after four years it's a second home.

CONTRIBUTED BY JULIA SAND

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SPORTS

Winona State rugby foresees another national title

As summer turns into fall, new and familiar faces flood Winona State University's campus. This year there are 24 familiar faces returning to the women's rugby team, known as the Black Katts.

After last year's undefeated 16-0 season, the Black Katts continued to win and move on to the USA Sweet 16, USA Elite 8, USA Final 4 and claimed their title as national champions.

After their successful season, Roger Riley retired as the Black Katts' head coach. Their assistant coach Joshua Krzewinski took over as head coach with Nick Pronold as the assistant coach.

Krzewinski said he coached Pronold when he played for Winona State's men's rugby team. Pronold became Krzewinski's assistant coach until Krzewinski switched over to assistant coach for the Black Katts. Pronold then took over the men's rugby team before moving away for work.

"It was a perfect opportunity," Krzewinski said. "Nick was moving back

to the area, and I knew he wanted to get involved with coaching rugby again."

Senior flanker/center Nadia Nassif said the coaching change will be something to get used to for her and the team.

Nassif has been coached by Krzewinski her entire rugby career and has learned a great deal from him.

"I know that all of the girls respect him as a coach, and it is exciting to see how the season will progress," Nassif said. "We are all eager to show Roger that the lessons he has taught us have stuck and that we are still and always will be, his team and we want to make him proud."

Along with the 24 returning players, Krzewinski said there are four incoming freshmen who the coaching staff saw play in high school and camps. In addition, there are three other incoming freshmen who played in high school and contacted Krzewinski about their intention to play women's rugby at Winona State.

Krzewinski said, "The recruiting process

is unlike any of the 'varsity' sports. We do not have money to offer. The only things we can offer are a great education, a great campus, and the chance to play on a quality rugby team."

Krzewinski said the coaching staff networks with high school coaches, watches their games and gets involved with select camps in order to get in front of the athletes and talk to them about Winona State.

Many students who join the Black Katts their freshman year have never played until they attend Winona State. Nassif said since some of the new recruits have knowledge and experience with the game they will be "a great asset to the team."

"With practices three times a week and games every weekend the team generally clicks rather quickly," Nassif said.

The Black Katts have been training all summer, which involves running, lifting and working on individual skills.

Krzewinski said he encourages the girls

to challenge themselves to get as fit and as strong as possible to prepare for the season.

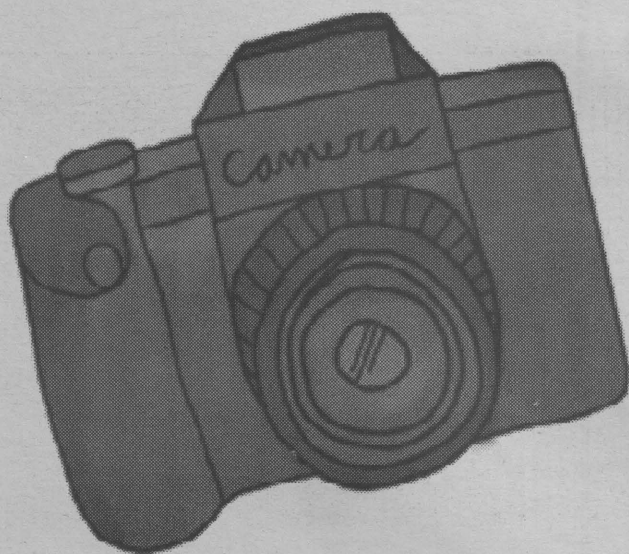
"Being physically fit allows them to be able to perform at pace, but also think more," Krzewinski said. "If you're huffing and puffing trying to catch your breath, you're thinking about that, not your role on the field."

Krzewinski said he knows the Black Katts will be successful this season, but he is nervous at the same time.

Krzewinski said, "Every year having that target on your back is stressful for me. Being in the national finals three years in a row and winning it last season are huge accomplishments."

The team's goal remains the same of course: to claim the title as national champions two years in a row.

BY ALLISON MUELLER
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WSU soccer ranked 3rd in NSIC Coach's Preseason Poll

After finishing their regular season 15-4-3 overall, 13-2-0 in conference play and second overall in the Northern Sun Intercollegiate Conference, the Winona State University's women's soccer team is looking to return to the 2014 season in the hopes of contending for the NSIC title.

In the 2014 NSIC Preseason Coach's Poll, Winona State was chosen third overall with 204 points, two points behind Minnesota Duluth (206) and ten behind the top-placed team, Minnesota State Mankato (214).

Senior Alaina Kne is returning for her final season as a Warrior alongside teammates Shauna Rodman, Cailyn McCauley and Taylor Zehren, all of whom are going to provide senior leadership for the rest of the team made up of nine returning juniors, five sophomores and nine new signees starting their freshman season playing in the purple and white.

To move up in the rankings as the season begins, Kne said the team needs to score more overall and win more of their regional games.

"This year we need to come out and dominate our first region games, because those mean a lot at the end of the season rankings," Kne said. "We also want to score more and not have as many close games as we did last year."

Kne said the team has hopes to win the national title, but also is aiming to score a certain number of goals as a team in a single season.

"As a team we have set the goal to win a national championship, but we have other goals to reach such as winning the

conference tournament, scoring over 60 goals and not giving up more than 7 goals defensively," Kne said.

She also said she hopes to contribute to the team in any way she can and to be an effective leader throughout the season.

Last season, Kne led the Warriors with the highest number of individual goals scored (5) and assists (8). While playing against Augustana last year, she posted four assists in a single game, a NSIC Tournament record. She played in all 22 games, with 19 starts. Kne also received All-Region honors (2013 2nd Team NSCAA and 2013 2nd Team Daktronics), All-NSIC 2013 Third Team and also earned NSIC All-Academic honors.

In 2013, Rodman scored four goals and posted three assists. In both of Winona State's NSIC Tournament games, she scored one goal. She earned NSIC All-Academic honors last year.

As a junior, McCauley played in 15 of the Warriors' games, with six shots in the season, two of those on goal. McCauley also earned NSIC All-Academic honors last season.

Last year Zehren scored twice in her 18 appearances with one of those goals posted during the NSIC Tournament game against Augustana. She also earned NSIC All-Academic honors during her junior year.

Along with the seasoned veterans of the team, the NSIC chose junior Mehan Bolton as the Warriors offensive player to keep an eye on.

In Bolton's sophomore season, she scored three goals and had two assists. She played in all 22 games, while starting in 14.

She had 29 shots on the year, with 16 of those being on goal.

On the defensive side, the NSIC picked junior Madalyn Jansen. In the 2013 season, she started each of the Warriors' 22 games. She had five shots, with three on goal. Jansen also earned NSIC All-Academic honors in 2013.

So far this 2014 season, Winona State has played in two scrimmages, one against the University of Wisconsin-Eau Claire and the other against Luther.

Kne said she and the team are glad to be back and playing together.

"Practice and preseason have been going well, we're all excited to be back with the team working toward having a great season. We have been working hard as a team everyday to connect with each other and get our system down," Kne said. "We've had two scrimmages against Eau Claire and Luther so far. We did well but still have some things to work out before our first games."

The Warriors nabbed No. 23 in the nation

in the National Soccer Coaches Association of America/Continental Tire NCAA Division II preseason national rankings.

Southwest Minnesota State is two spots ahead, ranked No. 21. Minnesota State is ranked No. 15 and Minnesota Duluth is ranked No. 8.

Winona State will start their regular season play on Sept. 5 with the Warriors traveling to Houghton, Min. to take on Michigan Tech.

On Sept. 7, they will match up against Northern Michigan in their second game of the season in Marquette, Mich.

The Warriors first home game will take place at 7 p.m. on Sept. 11 at Warrior Stadium.

BY KYLIE BRIDENHAGEN
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Women's volleyball takes on new head coach

Fall 2014 brings a new season, new players and a new coach for the Winona State University women's volleyball team. Under new head coach Joe Getzin, the Warriors are looking to make a turnaround from an 8-12 record in the Northern Sun Intercollegiate Conference in 2013 and 11-18 overall.

The first test for the Warriors will be the Michigan Tech tournament on Sept. 5-6. The Warriors begin the season with games against The University of Wisconsin-Parkside and Lake Superior State on Sept. 5. The following day games against Michigan Tech and Northern Michigan wrap up the tournament.

The Warriors will rely on contributions from the whole team, both upperclassmen and underclassmen. Captaining the squad this year are a pair of seniors, Kathleen Omelina and Laura Zeamer. Rachel Polland, also a senior, is a strong go-to player for the Warriors. As for the underclassmen, contributions from redshirt freshman Taylor Goar and Kayln Biever are expected.

For the upcoming season coach Getzin has a positive outlook for the team and the future of the program. Coming from a Division I program at Ole Miss, Getzin has high expectations for the girls at Winona State University.

Getzin said, "Success for me is commitment to the program and a complete buy in from each player and so far the team has done that."

Getzin expects this team to be a scrappy unit, playing hard-nosed defense to fluster opponents and to keep the ball off the floor. Getzin also believes the team is poised to finish in the top half of the NSIC and can be a solidly competitive team against tough opponents.

The team has had one scrimmage this season against the University of Wisconsin-Stevens Point who came off a very successful Division III season.

While the Warriors look sharp, Getzin believes there are improvements to be made.

"We need to get more kills. We have been having no issue with ball control and our defense, but we need to get more kills."

One of Getzin's goals for the season is to propel the Warriors into the playoffs after last year's disappointing season and to set a standard for all other Warrior teams in the future.

Playing in the NSIC, which Getzin believes to be the toughest conference in the country, he said, "Concordia is always going to be a very tough opponent with 7 titles,

but they didn't even win the league last year which shows how good this conference is. Five of the teams in this conference are ranked in the top 20 nationally, but I expect us to be right there with them."

The upcoming Michigan Tech tournament will gauge what challenges that lie ahead for Winona State.

"The tournament is going to help us prepare for the challenges the conference will throw at us. We have to show that we can hold our own and are a quality team. We need to be focused on what's happening on our own net," Getzin said.

Following the conclusion of the Michigan Tech tournament, the Warriors head to Quincy, Ill. the following weekend for matches against Quincy University and Lewis University.

BY DILLON HOGAN
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Winona State football looks to bounce back after last season

With classes officially underway and fall just around the corner, college football season is approaching with a full head of steam.

After finishing their 2013 campaign with a 6-5 record, the Winona State University football team looks to bounce back with a strong 2014 season.

"It feels great to be back on the field," head coach Tom Sawyer said. "It's only been a couple of weeks so far but the players have a ton of energy. It's a lot of fun to be around."

With last season headlined by injuries, the Warriors are making an effort to have an injury-free year.

"We're extremely healthy right now," Sawyer said. "We've grown another year older, and the younger guys got more experience last season which helps a lot."

The Warriors return 25 total starters from 2013, including sophomore quarterback Jack Nelson, who was thrown into the starting lineup after John Teigland suffered a concussion in the first game of the season.

"The biggest thing I've improved on is just learning the offense," Nelson said, who posted 2,715 passing yards and 25 touchdowns last year.

"Last year I was forced into duty and had to learn

the playbook right away, but I feel like I have more knowledge of the game this year," Nelson said.

Sawyer said he expects Nelson to be a next level quarterback this season and handle the situations up front and make the necessary plays.

On the defensive end, junior inside linebacker Ian Murray said having a healthy team is a key factor for Winona State.

"We've got some guys back from last year including some leaders," Murray said. "It was hard to set a tone defensively last season, but we're definitely getting after it this year."

Among those leaders are Morgan Weaver and Collin Corcoran, who will resume their roles as all-conference linebackers. Tyler Kubler also looks to be a major contributor to the Warrior defensive effort this season.

"We're a pressure D team that likes to get after the quarterback every week," Murray said. "Our goal is to be one of the top defensive teams in the conference."

Sawyer said one thing they need to improve on as a group is late-game situations. Three of the Warriors' five losses last season were decided by a touchdown or less, including a pair of overtime losses.

"We need to finish those close games," Sawyer said. "We need to make the big plays down the stretch when we're in that situation."

As for offensive goals, Nelson said making the playoffs and scoring often are the most important.

But before the Warriors can think about the playoffs, they must focus on their first opponent, an away match up against Northern State University.

Based on what he's seen so far in practice, Sawyer feels confident in his squad.

"We have a lot of good energy right now," Sawyer said. "They're coming to work everyday and spending a lot of extra time after practice which is great."

The Warriors will start the season on the road with a 6 p.m. game on Sept. 4 in Aberdeen, S.D. against Northern State.

BY SAM THIEL
sports reporter
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Football Schedule

September 4
Northern State @ 6 p.m.

September 13
U-Mary @ 1 p.m.

September 20
Minnesota Crookston @ 1 p.m.

September 27
Minnesota Duluth @ 6 p.m.

October 4
Wayne State @ 1 p.m.

October 9
Minnesota State @ 7 p.m.

Home games in bold

GO WARRIORS!

A little something for everyone: intramurals at Winona State

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Well, maybe it is only an intramural championship, but you are a champion.

Winona State University has numerous opportunities this coming fall for students to participate in intramural sports. The Integrated Wellness Complex is the focal point of intramural activities along with walk-in fitness classes.

Mark Bambenek is the man in charge when it comes to intramurals and fitness classes, and he said Winona State offers about 11 to 12 leagues each semester.

This fall there are 11 sports being offered in two sessions. The first session, which includes football, softball, basketball, soccer and volleyball, runs from Sept. 8 to Oct. 16. The second session will include football, volleyball and basketball from Oct. 16 to Nov. 20.

Bambenek said he typically likes to stick with the "tried and true" sports such as basketball and football.

"Unfortunately we are a campus without a whole lot of green space," Bambenek said.

This puts somewhat of a limitation on how many leagues can run when it comes to outdoor sports. Just the same, there is only a limited amount of time and space to run the indoor leagues like basketball and volleyball.

Adam Bahr, who has participated in volleyball, softball and football leagues, said, "It was extremely fun to be a part of."

Sign up is on Sept. 3 or Oct. 15 for either the first or second sessions respectively. Bambenek will be at the McCown Gym from 6-7 p.m. on these sign-up days. The only thing needed for sign up is the roster sheet, which can be found at the desk in the IWC or online on the intramural website and a \$40 forfeit deposit. All leagues run Monday through Thursday and are scheduled either 4-7 p.m. or 7-11 p.m.

The fitness classes, also located in the IWC, are also an option for students who would rather do something besides using the gym equipment.

There are four classes offered Monday through Thursday starting at 4 p.m. Two classes are offered Friday, Saturday and Sunday. Some of the classes offered include "Butt 'N Gut," yoga and "Insanity." These are walk-in classes and require no prior experience or sign-up to participate. Bambenek said classes normally top off around thirty



Fitness instructor Hanna Barritt leads her "Butt 'N Gut" class on Thursday.

BARTHOLOME RONDET

people, but the first few weeks may feature some classes of forty or more.

Students conduct everything, once organized and set up by Bambenek. The officials, scorekeepers and fitness instructors are student workers.

There are numerous options for Winona State students who are trying to stay fit, looking for some friendly competition, or trying to find a fun job on campus.

Interested students can speak to Bambenek regarding qualifications and the application process in his office,

room 103 in the IWC. The front desk also provides intramural and fitness call information.

BY ERIC SCHROEDER
sports reporter
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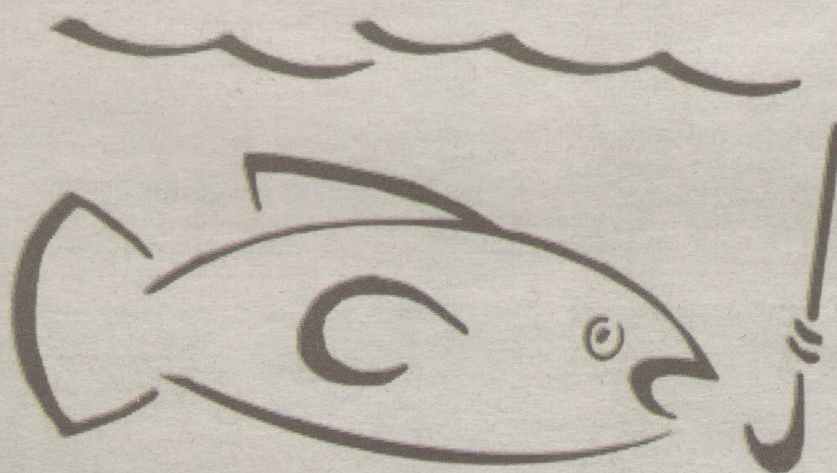
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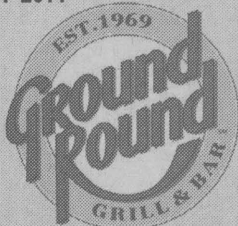
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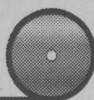
TICKETS

501 E. 3RD ST.
(Corner of East
3rd & Vine)
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ALL clothing for
college students
with School I.D.

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Thrift Store**

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Winona, Minnesota



Expires 12-31-14

FREE
CUBAN ROUND CIGAR
WITH PURCHASE OF 3 PREMIUM CIGARS



945 Frontenac Drive
Across from Wal-Mart
Winona, MN 55987
M-SAT 9-8; FRI 9-9; SUN 10-7
507-452-1660

Expires 12-31-14

FREE
BOTTLE OF E-LIQUID
WITH PURCHASE OF E-CIGARETTE



945 Frontenac Drive
Across from Wal-Mart
Winona, MN 55987
M-SAT 9-8; FRI 9-9; SUN 10-7
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Expires 12-31-14

3 / \$15⁰⁰
VIVAZEN
ALL NATURAL HERBAL PAIN KILLER



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Across from Wal-Mart
Winona, MN 55987
M-SAT 9-8; FRI 9-9; SUN 10-7
507-452-1660

Expires 12-31-14

ROYAL TOBACCO
WHERE LOYALTY IS TREATED AS ROYALTY

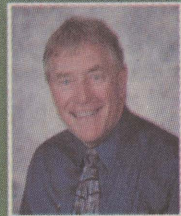
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Dr. Dale Dennis



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- ♦ State-of-the-Art, Computerized Health Analysis
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- ♦ A Complete Report of the Findings

\$29.00

(more than \$200.00 value)

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58 Center Street | Downtown Winona | One block from the Theater | Open Daily 11am | 507-452-2718

\$4 off a \$20 purchase

Expires 11/26/14



plus **SIDETRACK**

Sports Bar

www.jeffersonpub.com

Mon: BUY 1 BURGER GET 1 FREE with drink purchase 4pm - close

Tue: 1/2 OFF ANY PASTA 4pm - close

Wed: BUY 1 ENTREE - GET 1 ENTREE 1/2 OFF 4pm-close

Thurs: ALL U CAN EAT BATTERFRIED SHRIMP 4pm - close

Fri: PRIME RIB & FISH SPECIALS 4pm

Fri: BUY 2 DRINKS GET 1 FREE 4pm to 7pm

Sat: PRIME RIB SPECIALS 4pm

Sun: ALL U CAN EAT BBQ RIBS AND/OR BAKED CHICKEN All day

As always: 1/2 PRICE APPETIZERS Sunday - Friday 4-6pm

Every night: BUY 1 DRINK GET 2ND FREE 8-10pm



Welcome back students!

WAREHOUSE
LIQUOR

LET THE SAVINGS BEGIN
**TAKE 10% OFF YOUR FIRST
WINE OR LIQUOR PURCHASE
WITH COUPON**

No Limit. Expires October 31st, 2014.
One Per Student. Must Present Student ID. Excludes Beer.

176 E. Third St. Downtown Winona

507-452-1821

Hours: Mon.-Thurs. 9AM-10PM, Fri.-Sat. 8AM-10PM



Visit The Clothes Shop on the 25th of every month (except Sundays & Holidays) when everything in the store is 25¢/piece.

Don't forget to shop during our change over sale and help us make room for the new Fall merchandise.



THE CLOTHES SHOP

Gently Used
Inexpensive Clothing
Unbeatable Prices Year Round
Most Items Only \$2
Styles & Sizes For Everyone

Mon-Fri 9-5 Sat 10-1
416 East 2nd Street
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Thursday, September 25	9am - 5pm
Friday, September 26....End of Season Sale Nickel Sale	7am - 10am
Saturday, October, 25	9am - 1pm
Tuesday, November, 25	9am - 5pm
Thursday, December 25	No sale this month, Christmas Day
Sunday, January 25	No sale this month, falls on a Sunday
Wednesday, February 25	9am - 5pm
Wednesday, March 25	9am - 5pm
Saturday, April 25	9am - 1pm

Mc's

• **Beer** • **Sports** • **Food**

Winona's Best Sports Bar
open daily @ 11 am

\$2.00 Off Friday's Fish Fry 4pm-9pm

\$1.00 Off Regular Price Drinks 4pm-9pm

102 Johnson Street | Winona, Minnesota

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Dairy Queen

**WE
TREAT
YOU
RIGHT!®**

\$1.00 off
Any Medium or
Large Blizzard

Must present student I.D. Not valid with any other offers or discounts. Expires 12/31/14.

One coupon per person per visit.

Available at both Winona locations:

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FANTASTIC CUT +

FANTASTIC PRICE. IT'S SIMPLE MATH.



We Take Local Competitor Coupons!

Any Haircut

Includes shampoo and conditioning rinse.

Expires 5/31/15. One coupon per person.
Not valid with any other discount.

\$12⁹⁹

Fantastic Sams®
HAIR SALONS

code: WSUCUT/15

All Over Color

Long hair extra.

Expires 5/31/15. One coupon per person.
Not valid with any other discount.

\$34⁹⁹

Fantastic Sams®
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Eyebrow Wax

Expires 5/31/15. One coupon per person.
Not valid with any other discount.

\$8⁰⁰

Fantastic Sams®
HAIR SALONS

code: WSU7/15



FS shampoo therapy™
FREE WITH EVERY HAIRCUT

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DAHL TOYOTA EXPRESS



DAHL
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BUICK GMC

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www.dahlchevrolet.com

DAHL
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Saturday 7:30am to Noon
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www.dahltoyota.com

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Appointment Online

\$25.95 REGULAR PRICE \$29.95
Lube Oil & Filter

DAHL
TOYOTA

DAHL
CHEVROLET
BUICK GMC

With Coupon. Not valid with any other offer. See dealer for details. Offer expires 12-31-14. Includes up to 5 quarts of conventional oil, premium Oil Filter and Chassis lube. Most Cars and Light Trucks. Synthetic oil additional.

\$10.00 NO STRINGS ATTACHED!!
Off Your First Visit

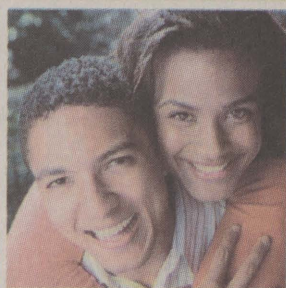
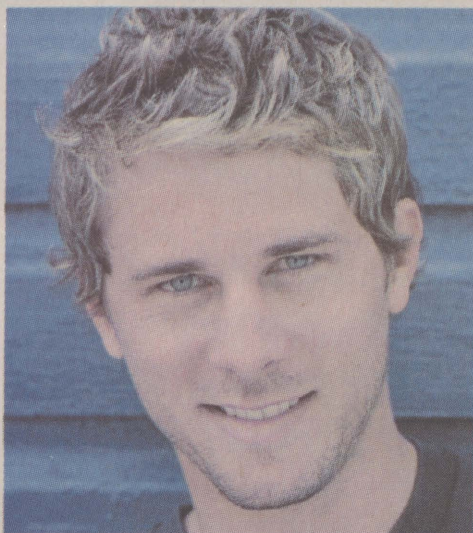
DAHL
TOYOTA

DAHL
CHEVROLET
BUICK GMC

That's right, book your oil change, tune-up, wheel alignment, or any other service with us, and you can take \$10 off our already low Dahl price. No strings attached (and yes, that means you CAN use it with the coupon above and get an oil change for only \$15.95) Not valid with any other offer. See dealer for details. Offer expires 12-31-14.

BUY 4 OIL CHANGES AND GET THE 5TH FREE

Perfect Timing!



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Next time. Save time.

Check the wait and **Check-In Online** at greatclips.com or from our phone app.

Powered by ICS Net Check In™

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Visit Great Clips today

Winona Great Clips
Located across from Walmart

507-452-1779

Monday-Friday 9am-9pm
Saturday 8am-5pm | Sunday 10am-5pm

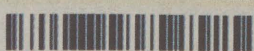
Over 3000 Salons in the US/Canada. Visit www.greatclips.com
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\$7.99

Haircut

Not valid with any other offers. Limit one coupon per customer. At participating salons.

Expires December 31, 2014



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IT'S GONNA BE GREAT™

Rubio's

Family Mexican Restaurant

1213 Gilmore Ave.
Winona Mall
507-474-4971

Mon. - Tues., 5-9pm - All You Can Eat *Taco Bar* \$5

Thurs., 5-9pm - \$5 *Burritos* ground beef or chicken

EVERY DAY, 11am-3pm - All You Can Eat *Mexican Buffet* \$6⁹⁹

ALL DAY, EVERY DAY - *Margaritas* \$.99 12 oz., lime with your college ID

College ID *Combo*: Buy 2 combos & receive 2 small margaritas or 2 soft drinks for **FREE**

*Not valid with any other offer



Rubio's
Family Mexican Restaurant

\$5⁰⁰
OFF

with purchase of \$30 or more
Not valid with any other offers or specials.



1-888-452-9073 | PHONE: 507-452-9073

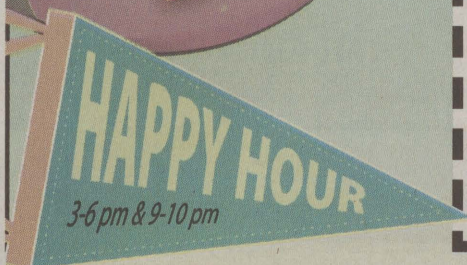
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5035 WEST 6TH STREET P.O. BOX 868 WINONA, MN 55987
ALSO AVAILABLE: UNLOCK SERVICE & JUMP STARTS

Great Food, Great Service

We're a full service casual dining restaurant and bar, serving Italian/American cuisine. Green Mill also serves appetizers, sandwiches, pasta dishes, seafood, steaks, wonderful desserts, and award-winning pizza.

Breakfast - Lunch - Dinner



 **COUPON**

\$3⁰⁰ OFF	Large Pizza
\$2⁰⁰ OFF	Med. Pizza
\$1⁰⁰ OFF	Small Pizza

**Not good in conjunction with any other discount or coupon.
Expires 12/31/14.**



Open 7 Days a Week

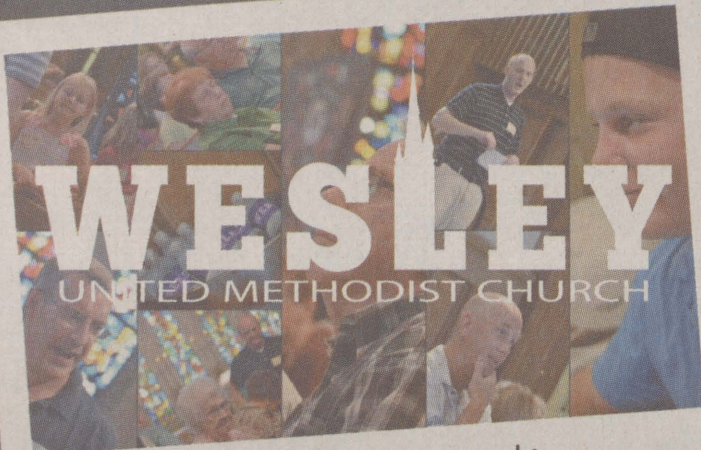
**Next to The Plaza
and the
Holiday Express
Winona**

507-452-5400

1025 Hwy 61 East



Join us at....



Love God. Love People.

Worship

9:00 am - Traditional

10:30 am - Contempo

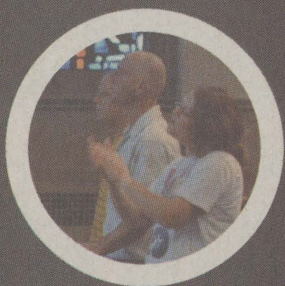


Small Groups

opportunities to grow in God
at your own pace

Souper Tuesday

Free Community Meal
Tuesdays 11:30 am - 1 pm



Address: 114 W Broadway St

Phone: (507) 452-6783

<http://winonawesley.org>

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RESTAURANT

SINCE 1978

4 BLOCKS
FROM WSU

WHERE THE
LOCALS EAT



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FREEDOM OF CHOICE BREAKFAST

2 Eggs, 2 Pancakes and Your Choice of
2 Bacon, 2 Links, 1 Sausage Patty, or Ham

\$4.99

Served 6:30am-3:00pm. Coupon good for
up to 4 guests. Expires 12/31/14. Not valid
with any other coupons or promos.

COUPON • COUPON

BUY ONE HAM & CHEESE OMLETTE GET THE SECOND FOR

FREE

Must Purchase Two Beverages

Served 6:30am-3:00pm. Coupon good for
up to 4 guests. Expires 12/31/14. Not valid
with any other coupons or promos.

COUPON • COUPON

BUY ONE 1/3 lb. PATTY MELT GET THE SECOND ONE

FREE

Must Purchase Two Beverages

Served 11:00am-Close. Coupon good for
up to 4 guests. Expires 12/31/14. Not valid
with any other coupons or promos.

COUPON • COUPON

BLOODY MARY OR VADKA OJ

\$2.99

Served 8:00am-Close M-Sat 10:00am-Close Sun.
Coupon good for up to 4 guests. Expires 12/31/14.
Not valid with any other coupons or promos.

COUPON • COUPON

BUY ONE BUFFET GET THE 2ND BUFFET

1/2 OFF

Friday Lunch & Dinner, Sunday Breakfast

Served 11:00am-Close. Coupon good for up to
4 guests. Expires 12/31/14. Not valid on holi-
days or with any other coupons or promos.

COUPON • COUPON

\$3.00 OFF \$15.00

\$4.00 OFF \$20.00

\$5.00 OFF \$25.00

Served 11:00am-Close. Coupon good for
entire table. Expires 12/31/14. Not valid
with any other coupons or promos.

BREAKFAST - LUNCH - DINNER DINE-IN OR TAKE-OUT

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3rd & Huff Street, Winona

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OPEN:

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blackhorsebarandgrillmn.com

Ask About Hosting Holiday Parties,
Rehearsal Dinners, Weddings &
Class Reunions

\$5 OFF

with any purchase over \$20

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Now Serving Lunch, Dinner & Good Times!

Sand Volleyball

Weekly Entertainment

Food Specials Every Night

AND MUCH MORE!



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Order Online at www.pizzahut.com

BUY 1 BUFFET
GET 1
FREE

M-F 11-1:30, SAT 11-2, SUN 11-2

LIMIT 1

(WINONA ONLY)
EXPIRES 5/9/15



MED 1-TOPPING PIZZA
5-BREADSTICKS
5-CINNAMON STICKS

\$11.00

(WINONA ONLY)
EXPIRES 5/9/15



ADD AN 8" HERSHEY'S
CHOCOLATE CHIP
COOKIE
to a medium or large pizza

\$1.99

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24-PC. WING
STREET WINGS

\$11.00

(WINONA ONLY)
EXPIRES 5/9/15



1630 W. Service Dr. Winona, MN

507-454-5100

Buffet, Delivery, Carryout or Dine-In



JOIN US *for* **HAPPY HOUR!**
SUNDAY - THURSDAY • 3PM - 7PM

\$5.00 OFF

With purchase of \$30.00 or more.

Limit one per customer - per table.

Not valid with any other offers.

Expires 12-31-2014

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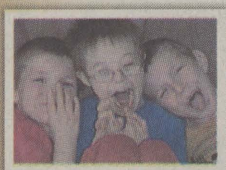
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Make A Difference by Joining our Team!
Shifts vary depending on the individual's
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- Restaurants
- Minnesota Renaissance Festival
- Hotels
- Golf
- Pizza
- Local Concerts and Attractions
- And MUCH more!!!



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May Be Used Up To 2 Nights.
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• 1 Night Stay In Standard Room
with 1 King Bed
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• 1 Night Stay In King Jacuzzi
Whirlpool Room
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HARDT'S MUSIC & AUDIO
115 E. 3rd, Downtown Winona

• Three Month Band Instrument
Rental
good for trumpets, clarinets, flutes,
piccolos, percussion kits, violins,
violas, and trombones
Reg. \$60 Post Price \$40

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french horns, cellos, and oboes
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• Soprano Ukelele Reg. \$39.95 Post Price \$24
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10,000 titles.
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Certificates - Breakfast & Lunch
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1 Per Customer, No Cash Back

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Holmen Location Only.
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\$10 Certificate
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Not Valid With Any Other Coupon
Or Certificate. Limit 1 Per Couple

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Green Mill Pizza And Saled
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GROUND ROUND
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Value \$5.00 Post Price \$3.75

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477 W. 5th Street
Open Certificate: Post Price \$7.00
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Limit 2 Certificates Per Customer,
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Sandwiches, And Saled Buffet! One
Per Visit. Not Good On Specials Or Other
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Expires 12-31-14

\$15
2 HOSE HOOKAH



945 Frontenac Drive
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Winona, MN 55987
M-SAT 9-8; FRI 9-9; SUN 10-7
507-452-1660

Expires 12-31-14

15% OFF
SHISHA TOBACCO PURCHASE



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Across from Wal-Mart
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Expires 12-31-14

ROYAL TOBACCO
WHERE LOYALTY IS TREATED AS ROYALTY

945 Frontenac Drive - Across from Wal-Mart - Winona, MN 55987
507-452-1666

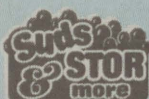
Winona's local hometown newspaper.

Located in historic downtown Winona.

winonapost

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\$1
Tan



Student ID required. Limit 3 per person. Expires 12/31/14

\$1
Tan



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\$1
Tan



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TANNING • LAUNDROMAT • DRY CLEANING

SAVE TIME & MONEY

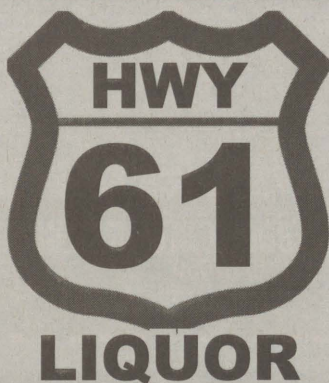
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\$20 PURCHASE

OR MORE

OR

\$5 OFF

\$40 PURCHASE

OR MORE



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Expires 12-31-14

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Downtown*

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\$5 Off

Purchase of \$30 or more

Not valid on Wednesdays.

Not valid with any other coupons or offer.

Limit one per customer per table. Exp 12.31.14



Mango's

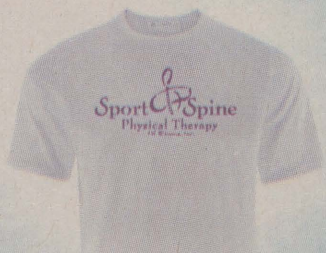


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Don't waste another moment in pain. Call us first!



*Bring this ad in when you come in for your free assessment
and receive a FREE T-SHIRT! T-Shirt designs may vary!
(Must attend assessment to receive t-shirt)
Expires 12-31-14

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Other limitations may apply. Limit 1 coupon per order. expires 12/31/14.



MEDIUM PIZZA & 2 CANS COKE \$12⁹⁹

• 12" Thin Crust Pizza
• 2 Cans Coke Product
• 2 Topping

(Extra cheese/ingredients not include.)

Plus tax/delivery. Winona location only. Void with any other offer.
Other limitations may apply. Limit 1 coupon per order. expires 12/31/14.



LARGE PIZZA & 2 CANS COKE \$15⁹⁹

• 14" Thin Crust Pizza
• 2 Cans Coke Product
• 2 Topping

(Extra cheese/ingredients not include.)

Plus tax/delivery. Winona location only. Void with any other offer.
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**FREE
1/2 LB. WINGS
(BONE IN WINGS)**

• With any Large/Family Size
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COUPON

\$2.00 off any one Cheese Mountain® Pizza



Limit \$2.00 off one Cheese Mountain pizza per coupon, per customer, per visit. This coupon must be presented and surrendered when purchasing and may not be combined with any other offer or coupon. No copies or facsimiles. No cash value. Good at all area Kwik Trip stores. Expires 6-30-15. **Lookup #4328**



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Get 5¢ off per gallon on your next purchase of quality Kwik Trip Gasoline!

**TOP
TIER.**
Detergent Gasoline

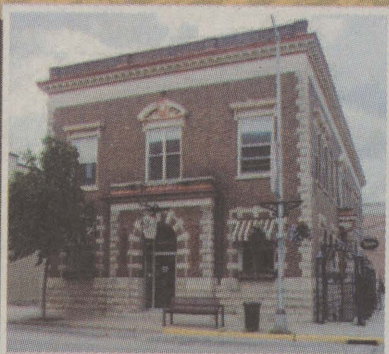
Good for up to 40 gallons of diesel fuel. Limit 5¢ off per gallon per coupon per visit. Coupon may not be transferred, copied, duplicated or faxed. Must be presented to cashier at time of purchase. Not good with any other offers, discounts or combos. No cash value. Good at all Minnesota Kwik Trip stores. Expires 6-30-15.



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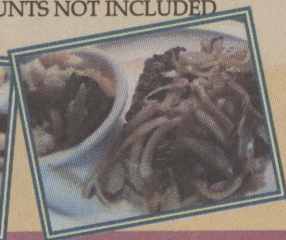
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- Not Valid W/ Any Other Offer

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GOLDEN CHINA



GOLDEN CHINA

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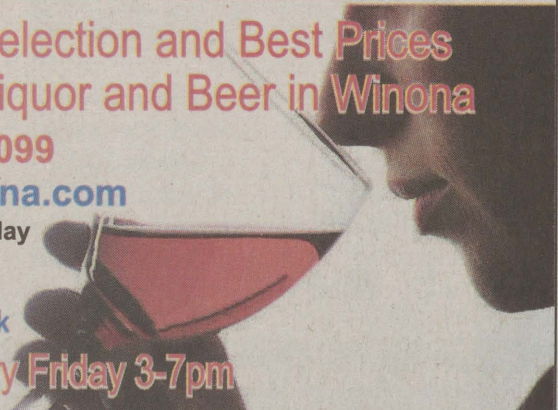
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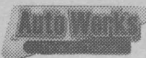
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5th one FREE

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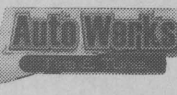
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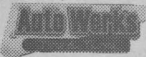


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4 Tires

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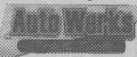
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FREE ALIGNMENT with purchase of a set of 4 tires

(Additional parts & labor
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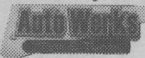
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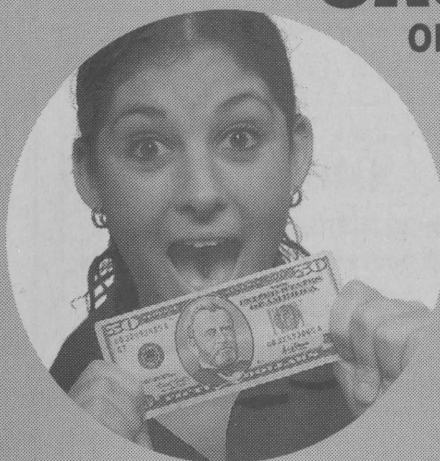


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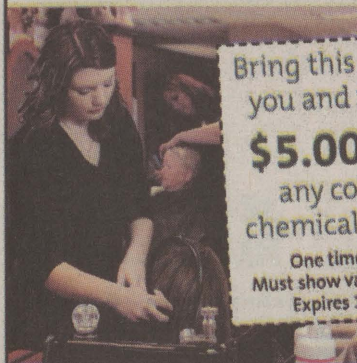
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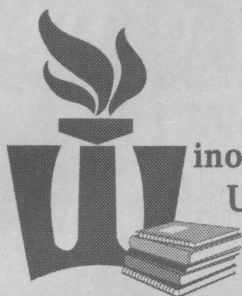
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*Membership eligibility required to join. Offer available 8/1/14 to 1/30/15 for all new Checking Accounts. \$25 will be deposited into Checking Account after first 30 days. Checking account must be in good standing, funded, and active for minimum of six months, otherwise, the \$25 cash could be withdrawn. One Coupon per member. For tax reporting purposes, the cash bonus may be reported as dividends. Cannot be combined with any other offer. Contact Altra for details. Federally insured by NCUA.



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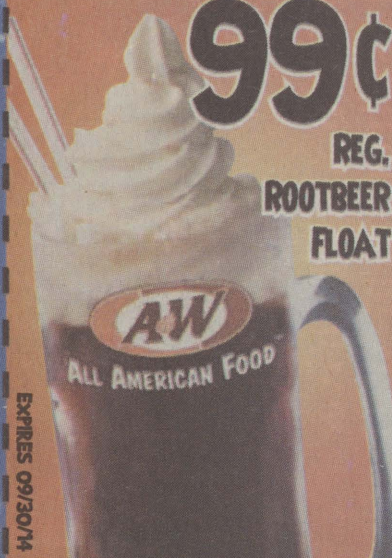
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